

Month 1 Workbook

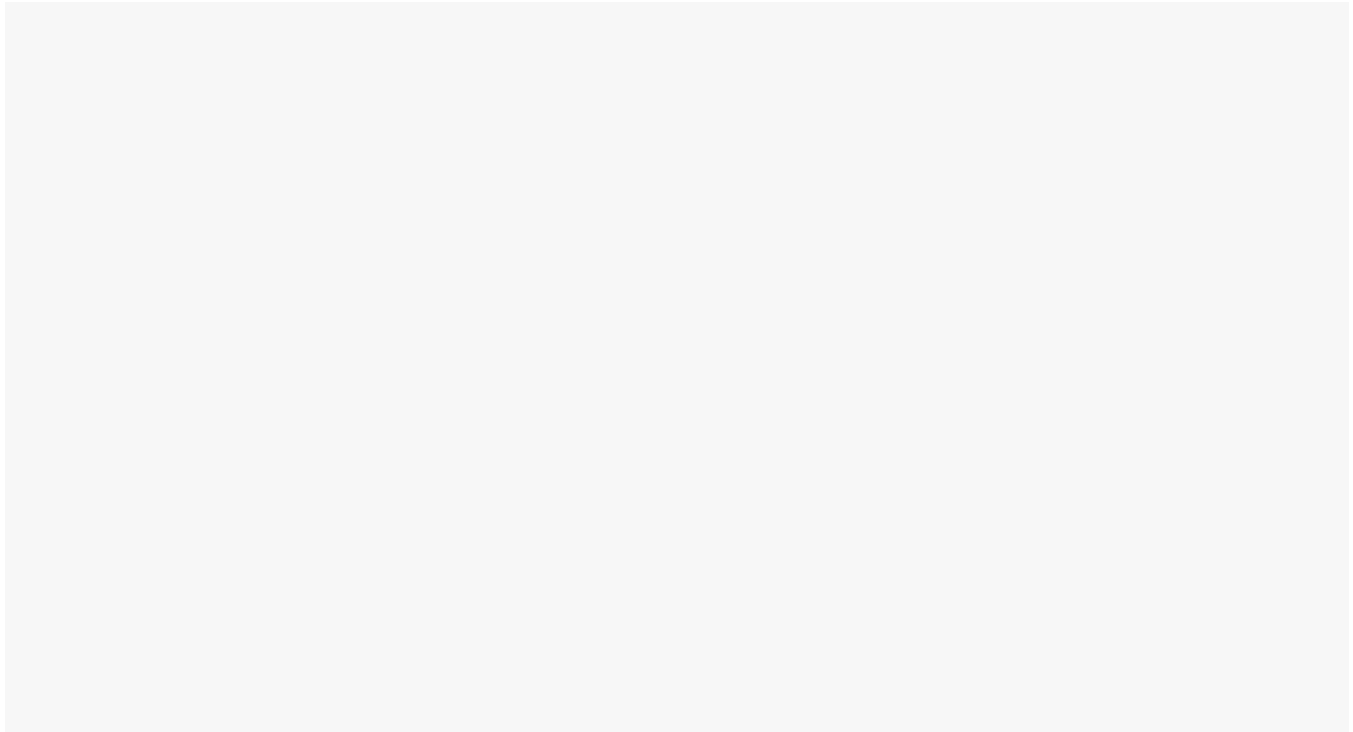
Creating More Happiness

STR**BEL**
EDUCATION

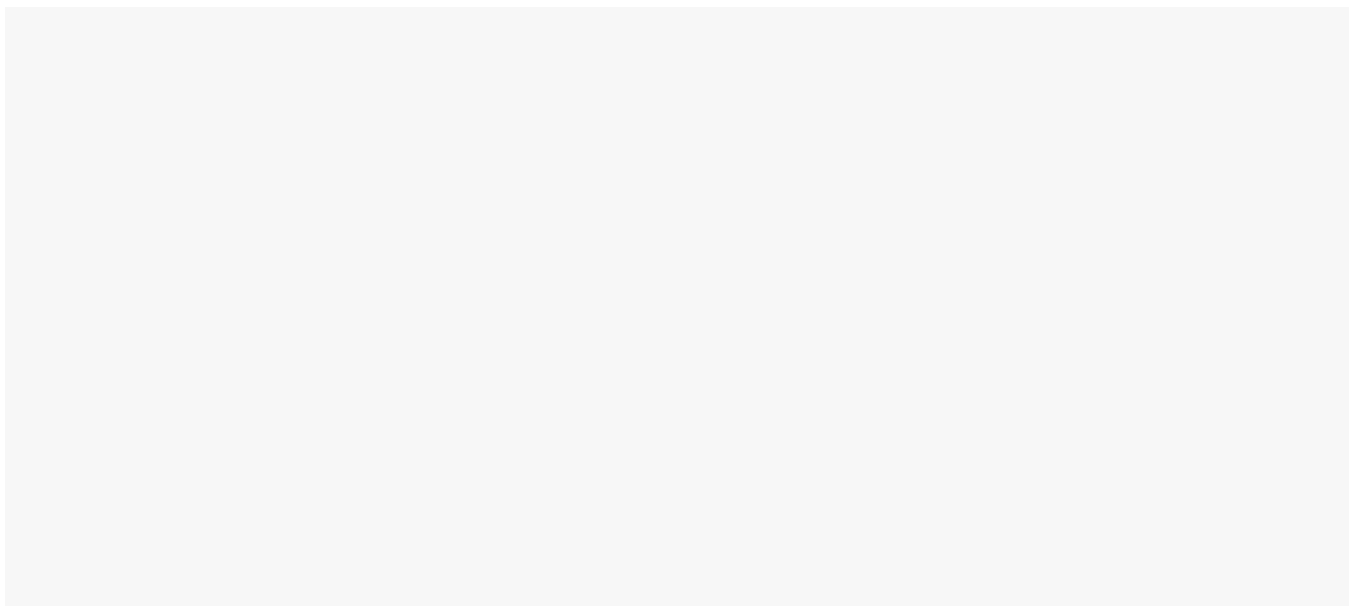
The Science of Happiness Reflection

Do this BEFORE Module 1, Lesson 1

What do you think will make you happy or what has prevented you from acquiring happiness?



Why is happiness important to you now?



Lesson 1

Why Happiness Matters

Why does happiness matter?

1

2

3

4

5

Happiness Assessments

PERMA

0-10

(An acronym for Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment—the basic dimensions of psychological flourishing). There are 23 questions and once you submit your responses, you will receive scores ranging from 0-10 for each pillar along with scores for overall well-being, health, and negative emotions.

[Take Test Here](#)

Or visit: tinyurl.com/SFJ-Test-Perma

Positive Emotions	<input type="text"/>
Engagement	<input type="text"/>
Relationships	<input type="text"/>
Meaning	<input type="text"/>
Accomplishment	<input type="text"/>
Health	<input type="text"/>
Negative Emotions	<input type="text"/>
Loneliness	<input type="text"/>
Overall Well-Being	<input type="text"/>

Authentic Happiness Inventory

1-5

Another option is The Authentic Happiness Inventory. It's a quick questionnaire with 24 questions that provide an overall measure of your happiness levels. At the end of the survey, you will receive a score between 1 and 5 based on your responses.

[Take Test Here](#)

Or visit: tinyurl.com/SFJ-Authentic-Happy-Test

Overall	<input type="text"/>
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Subjective Happiness Inventory

1-5

One more option is the Subjective Happiness Inventory. If you're looking for something quick, this might be your best option. In this short assessment, you can ask yourself, "On a scale of 1-5, how happy are you with your life right now?" Your rating for this question can act as your baseline happiness metric.

[Take Test Here](#)

Or visit: tinyurl.com/SFJ-Happiness-Scale

Overall	<input type="text"/>
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All tests are available here: www.authentichappiness.sas.upenn.edu

Please note: All tests are free to take, but you will be required to create an account.

Lesson 2

What Really Makes Us Happy?

What do you think will make you *Happier?*

If only I had

I'd be happier.

If only I had

I'd be happier.

If only I had

I'd be happier.

If only I had

I'd be happier.

If only I had

I'd be happier.

Your Intentional Marriage or Partnership

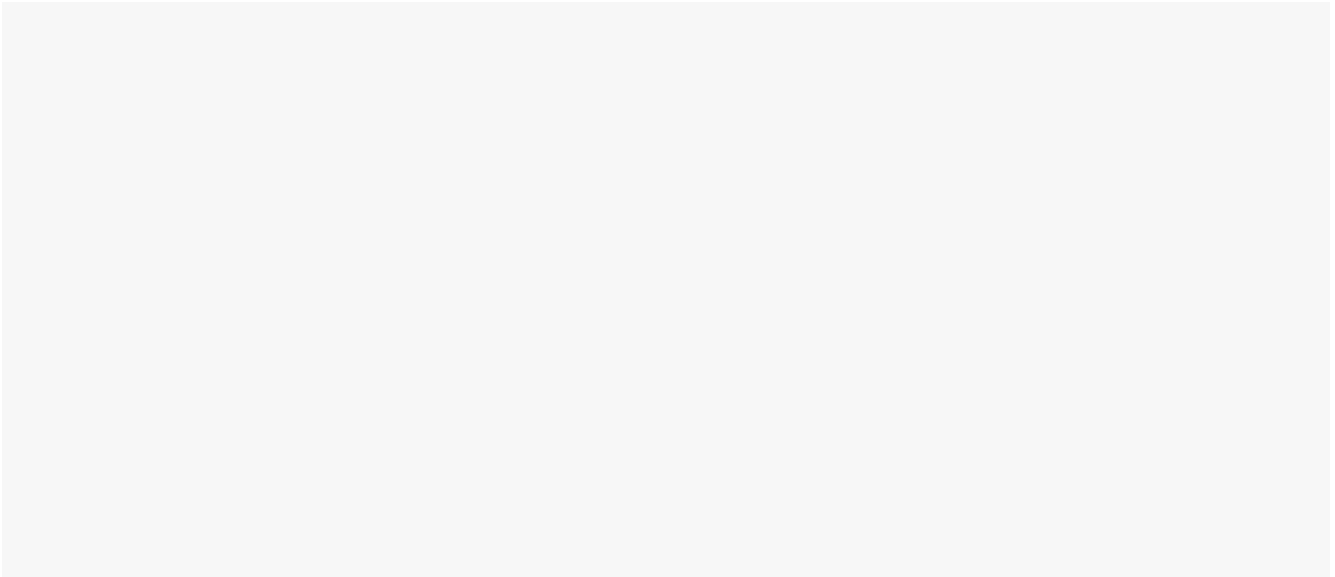
What possibly needs to shift in your current marriage or partnership so that you can make it stronger? How can you be a better contributor to the livelihood of the relationship?

Your Intentional Job

What can you do in your current job to help you gain perspective?

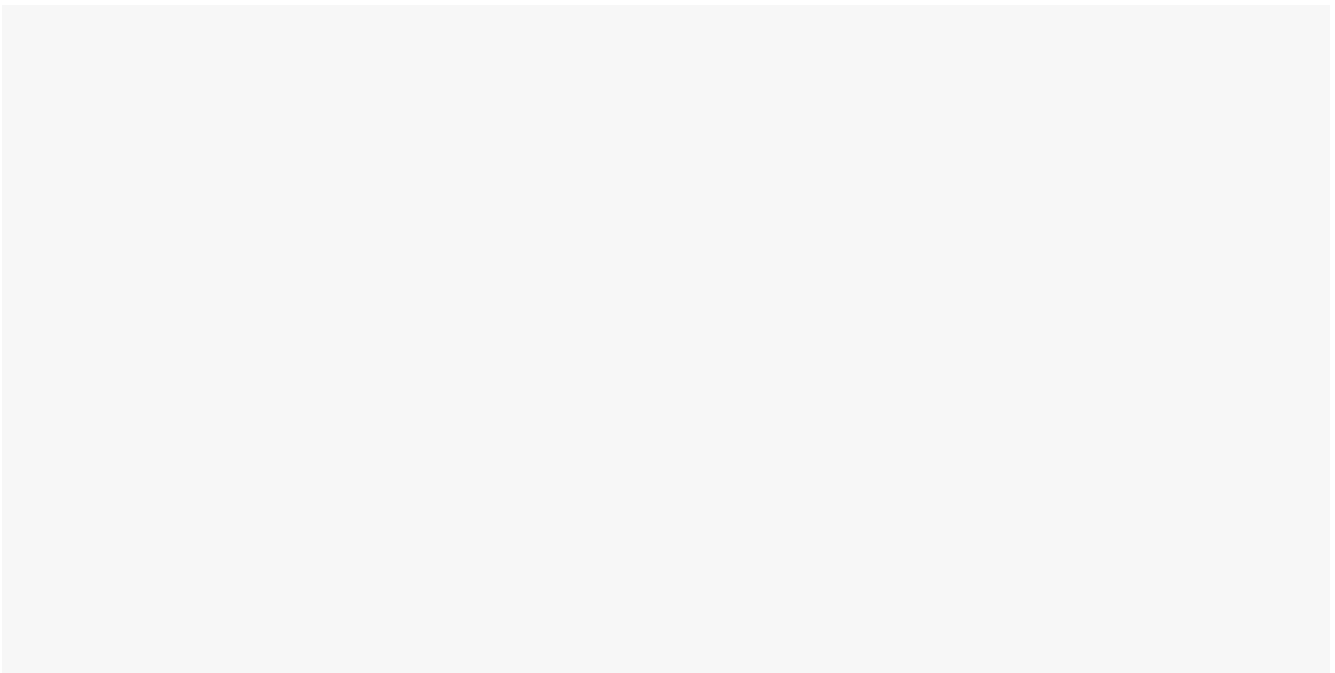
Reflection

What do you need to re-evaluate in your life? Are you, perhaps, putting too much attention on a part of your life that science says doesn't contribute to long-term happiness? *(It's important to take a deep-dive here for awareness!)*



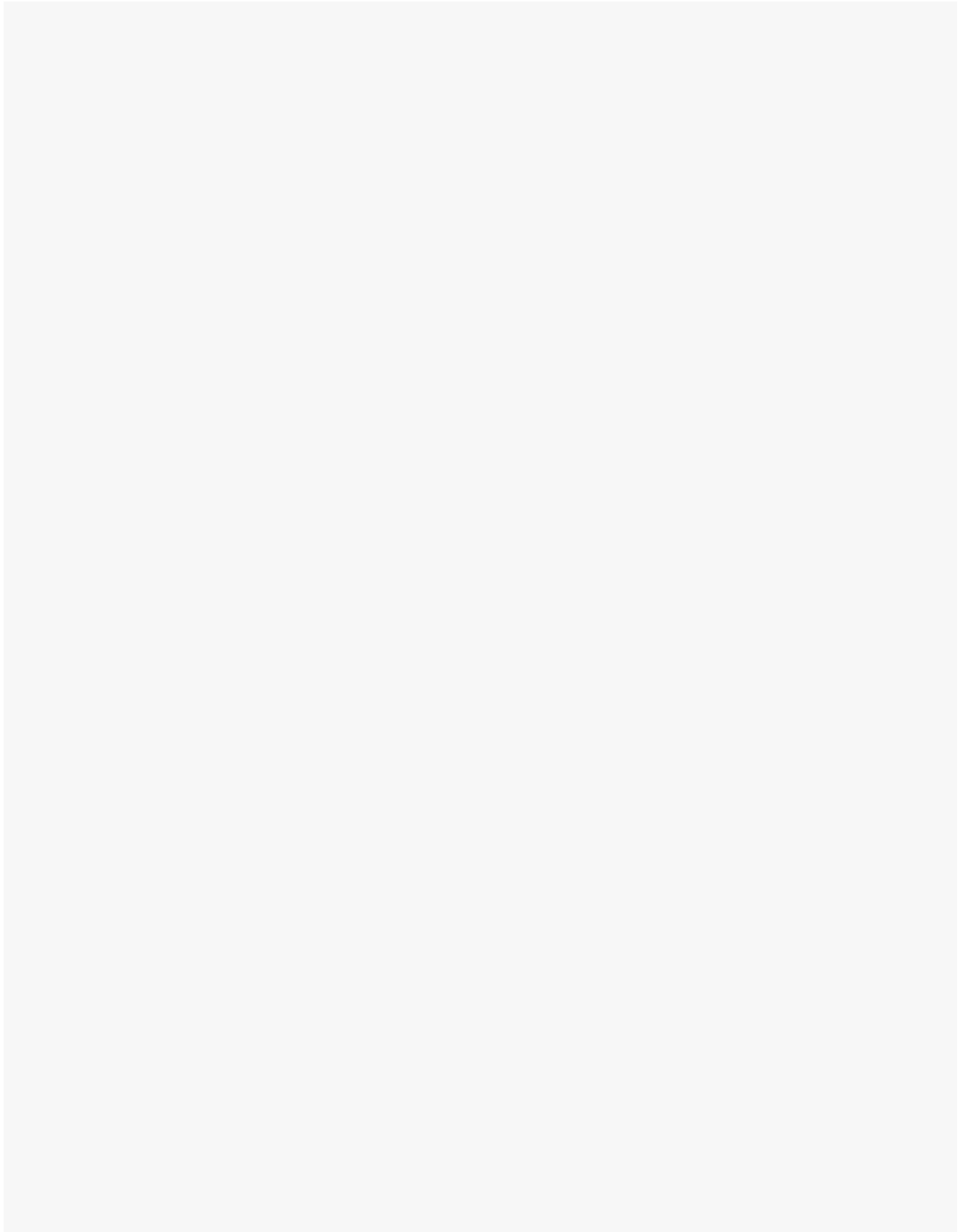
Hedonic Adaptation

How does Hedonic Adaptation keep us from gaining long-term happiness when it comes to cosmetic surgery, weight loss, bigger homes, etc.?



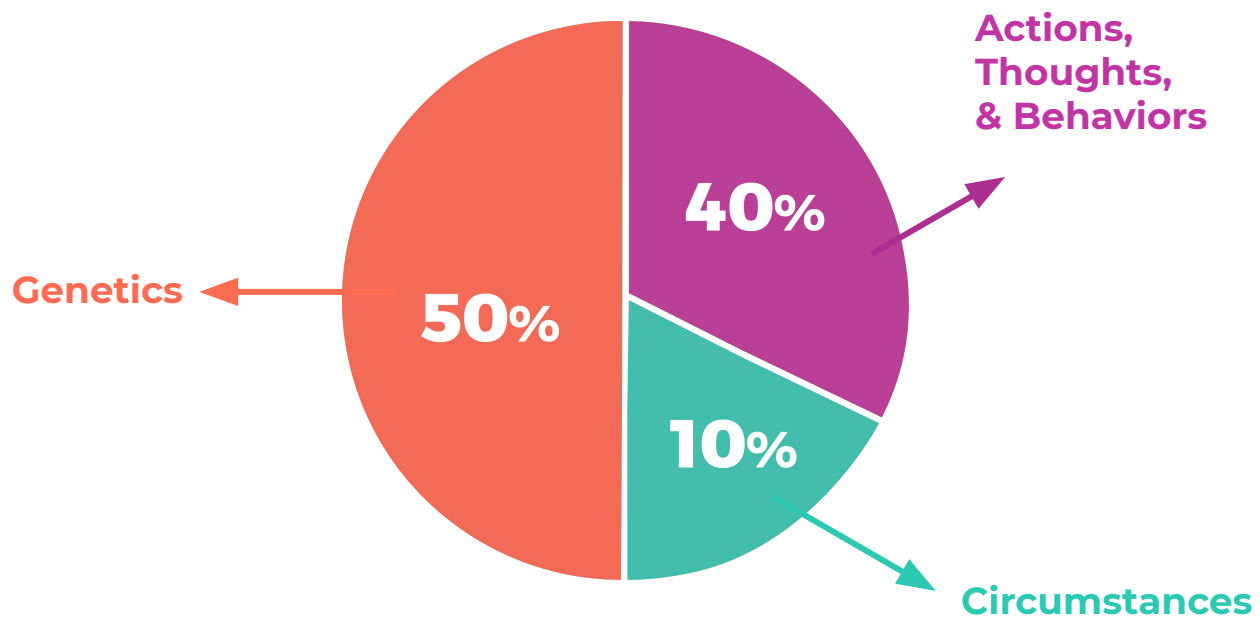
Parenting

What do you need to do differently when it comes to parenting?



Lesson 3

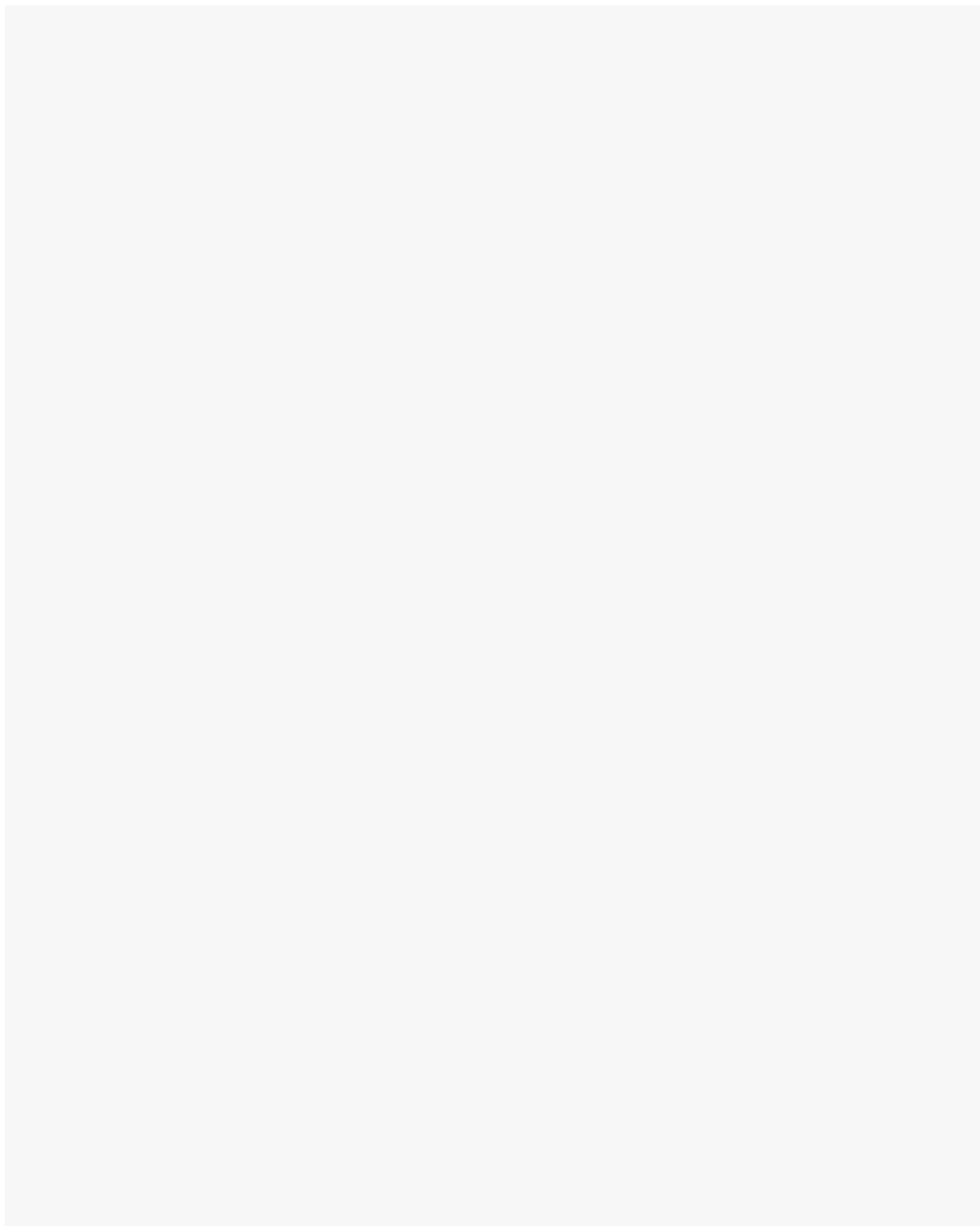
The Happiness Research



How have you been letting external circumstances rob you of more than 10% of your happiness? And what do you need to re-think or change?

A large, empty rectangular box intended for a user to write their response to the question above.

What would it mean to you if you could increase your happiness by up to 40%? Why is this important to you? What needs to change in you?



Two Ways to Get More Joy

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She Finds Joy Podcast

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